

WAYZATA MEN'S CROSS COUNTRY- Sept. 8-14, 2008

Monday, 9/8- Morning practice at 6:15- optional for high school 2:45- Overdistance
Middle School runners practice at Central.

Tuesday, 9/9- Morning practice at 6:15- optional for high school.
2:45 pm- Varsity- 400s at Plymouth Creek. JV- 400 repeats at Kimberly Lane
Middle School- **CLASSIC LAKE CONFERENCE RELAYS** at Hopkins West
at 4:00 pm- relay teams are mixed grade and some are coed.

Wednesday, 9/10 - Morning practice at 6:15- optional for high school.
2:45- Overdistance
Middle School runners practice at Central.

Thursday, 9/11- Morning practice at 6:15- optional for high school. 2:45- Long Run
Middle School runners practice at Central. **THIS IS THE "LONG" PRACTICE FOR THIS WEEK!** This means kids are ready for pick-up at 5:00, rather than 4:40 as usual (if it works for families).

Friday, 9/12- No morning practice.
High School practices at 2:45 (Recovery Run) Middle School runners practice at Central

Saturday, 9/13- 9:30 AM - Varsity run mile repeats at Baker.
9:30 AM – JV & (Middle Schooler that want to join us) run 1200 repeats at the high school.

Sunday, 9/14- on your own

SCHEDULE CHANGES- MIDDLE SCHOOL RACE TUESDAY THIS WEEK AT HOPKINS!!!!
Saturday, September 20th we will be sending all of our high schoolers (except the first seven varsity) to the St. Olaf Invitational to defend our Varsity & JV titles.

SLEEP- This week we need to be able to sleep from 9:00 p.m. until 5:45 a.m.

NO NO- DO NOT SHARE WATER BOTTLES - we do not need to help spread colds or worse!!

BREAKFAST FOOD- High School runners need to begin bringing cereal items, spoons, bowls, & cups, milk, juice, etc. Otherwise we will be very hungry this week.

ACADEMICS- Begin doing homework right away. Start projects now. Study every night. Do not allow yourself to fall behind- you don't want to have to stay up late cramming or handing in work that is beneath your potential.

WEBSITE- www.wayzata-xc.org

MAPS FOR PARENTS- If you have not brought your map packet home so that parents can find meets- do it today!!! You may pick the maps up in the Athletic Office or from Mr. O'Neill.

BOOSTER CLUB - Join the booster club and support Wayzata athletics.

MIDDLE SCHOOL LONG RUN DATES: 9/11; 9/15; 9/22; 9/29; 10/9 - mark them on your calendar.